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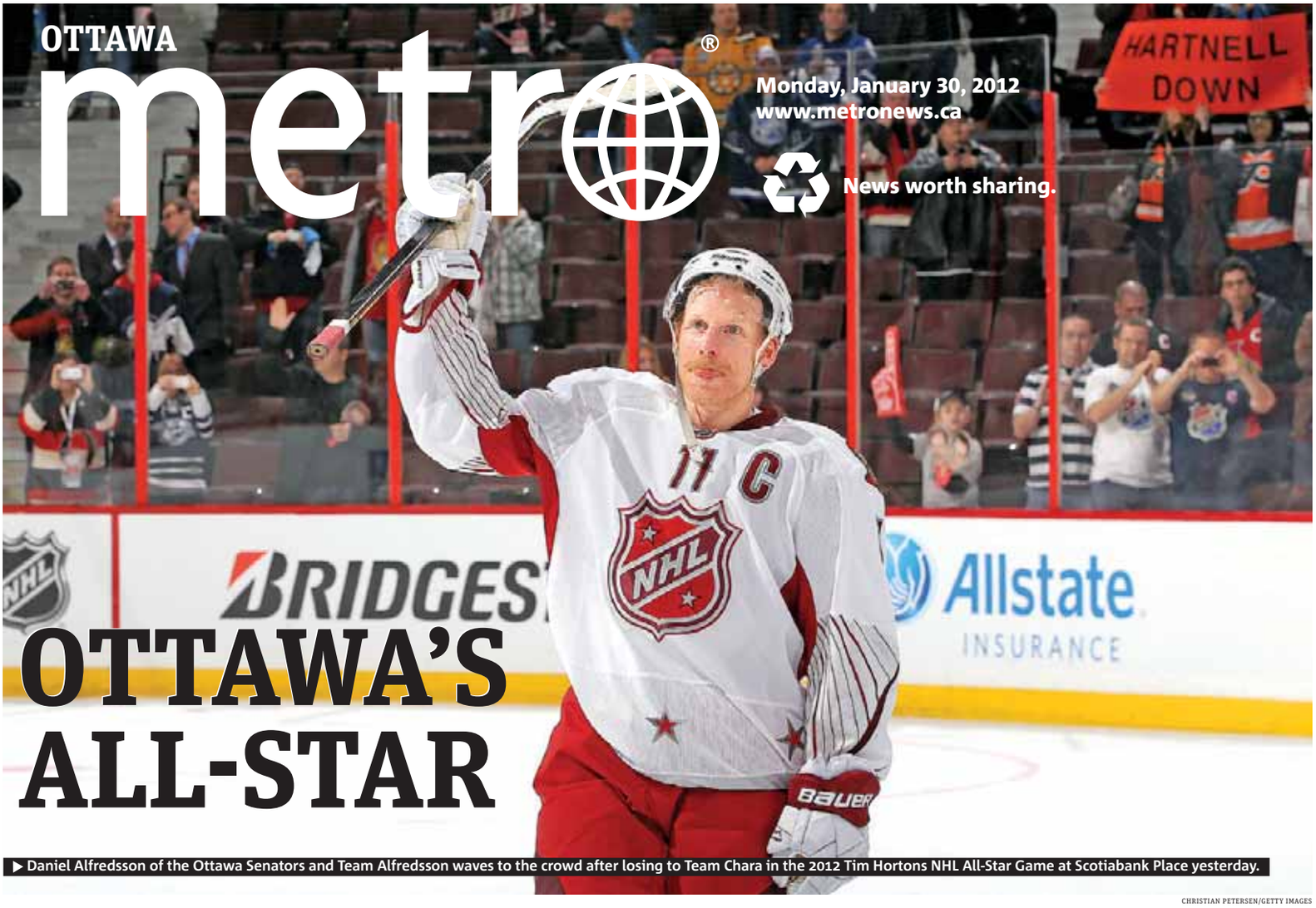

OTTAWA'S ALL-STAR

▶ Daniel Alfredsson of the Ottawa Senators and Team Alfredsson waves to the crowd after losing to Team Chara in the 2012 Tim Hortons NHL All-Star Game at Scotiabank Place yesterday.

CHRISTIAN PETERSEN/GETTY IMAGES

Fans flock to Scotiabank Place for All-Star experience Mood stays pumped despite 12-9 loss for Team Alfredsson

JOE LOFARO
@METRONEWS.CA

The excitement that had built up in Ottawa over the All-Star Weekend exploded throughout Scotiabank Place Sunday as Team Chara and Team Alfredsson went head-to-head in the hyped up All-Star game.

Hockey fans donning Ottawa Senators, Toronto Maple Leafs, Boston Bruins, and several other jerseys poured into the arena with anticipation before the puck dropped just after 4 p.m.

No matter which team they were cheering for, fans agreed the 59th annual All-Star Game was a significant event.

Fan Andrew Harris watched the drama unfold at the Local Heroes bar in Bells Corners. Although he was upset that Team Alfredsson lost 12-9, he said the All-Star Weekend made up for it.

"It's more about the event," said Harris. "I went down to the Fan (Fair) and saw all the smiles from everyone — from the smallest kid to grandparents. The score doesn't matter as much as the memories and there will be a lot from this."

"It's not just a game it's the experience," said Andrew McGurn with his son Brendan, 9, outside Scotiabank Place. "It's seeing all the banners, the ice sculptures, all the mascots; it's the whole atmosphere around the game that you won't get all year round."

"We probably won't get to see the game for another 30 years in Ottawa so we'll take advantage when it's here."

McGurn and his son, both hockey players in Ottawa, cheered for Team Alfredsson and wore their Sens jerseys to the game.

Sisters Tanya and Natalie Thomson made their allegiances obvious donning their Phil Kessel jerseys on their way inside.

"It's fun. We love hockey and it's all the best players," said Tanya, 24. "We all come here at once, the atmosphere is pumped."

More coverage {page 27}

'Cold-blooded, shameful murders': Judge

Mohammad Shafia, wife, son each found guilty of first-degree murder {page 8}

Reaction

Defendants defiant, call verdict unjust

Honour killing

Motivated by twisted concept of honour: Judge

Crown statement

Verdict reflects Canadian values: Crown Attorney

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Historic fair building saved by firefighters

Firefighters protected the Carp Agricultural Hall from burning to the ground after a fire on the second floor caused $100,000 in damages.

Ottawa Fire Services responded at 2:22 a.m. on Saturday when callers spotted smoke coming from the historic building at 3790 Carp Road.

Joyce Trafford, general manager of the Carp Fair, said the fire started just above her office, which sustained water damage, but she was relieved the fire didn't destroy any irreplaceable documents.

The fair is celebrating its 150th anniversary in 2013, so researchers had old minute books and photographs out in the open, she said.

"The Carp volunteer fire department was just terrific," she added.

A couple of photos of former directors were destroyed. A hole in the roof has been covered with plywood, and Trafford said she'll have a better idea of the total damage when insurance adjusters visit the site Monday.

Firefighters said a gas-fired wall heater caused the fire, which spread up the wall and into the attic.

The fire damaged the exterior of the building, but the large, colourful mural on the barn didn't sustain any damage.

There were no injuries reported.

The 149th Annual Carp Fair will take place from Sept. 20-23. METRO

Thumbs. Up

▶ Don Cherry, top left, and Ron MacLean, top right, of CBC's Hockey Night in Canada celebrate 2012 NHL All-Star Weekend in Ottawa by making a surprise visit to Scott Bradley's West End Wolverines at the Delude Arena on Sunday.

MIKE CARROCCETTO/COURTESY OF BLUESKY STRATEGY GROUP

Don Cherry and Ron MacLean make surprise visit

Smoking ban may hurt Pride attendance: officials

Studies put LGBT smoking rates at 50 to 200 per cent higher than in the general population ◐ Public consultations on the updated smoking bylaws ended Jan. 20

STEVE COLLINS
OTTAWA@METRONEWS.CA

Organizers of this year's Capital Pride festival are worried a proposed ban on smoking outdoors on city property could crimp attendance at the annual celebration held at Marion Dewar Plaza.

Capital Pride Committee Chair Loresa Novy said the expanded smoking bylaw, which could be in place by spring, could have a disproportionate effect on Ottawa's LBGT community.

"We do have a higher population of smokers within the LGBT population," she said, "And we're worried that they won't attend the festival due to the smoking bylaw."

Novy is also concerned that the costs of enforcing the rules could fall to Capital Pride, and would like to see a more gradual implementation or grace period while festival-goers adjust to the smoking ban.

Another possible solution, she said, would be to grant the festival an exemption, similar to the breaks on noise bylaws given to music festivals, to allow a designated smoking area for the event.

"We're just trying to make sure that we don't have any barriers for festival-goers," Novy said.

For more local news visit metronews.ca/Ottawa

1 news

Researchers fear human infections linked to raccoon feces could rise. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Oakland officials are assessing the damage after the latest Occupy protests over the weekend. Watch at metronews.ca/video

Politicians are drafting legislation to combat bullying in schools ◆ But if they really want to tackle the problem, they'll have to delve deeper than kicking kids out ◆ Bullies can be victims too, as Metro Ottawa's managing editor discovered

My bully, my friend

SEAN MCKIBBON/METRO

▶ Sean McKibbon and Matthew Gabriel stand out front of what used to be North Edwardsburgh Public School, where they attended elementary school. The building is now a retirement residence.

SEAN MCKIBBON
@METRONEWS.CA
METRO CANADA IN OTTAWA

The day my childhood bully re-entered my life I felt all the old emotions: Fear, embarrassment, but mostly indignation.

All while looking at a computer.

I was catching up with old friends on Facebook when I got the friend request.

Are you kidding me? I thought.

I was a kid again, my ears burning, my shoulders tense.

Matt Gabriel was not my worst tormentor. We were once even pals. Then he started hanging around with older kids who bullied me as a group.

Tripping, pushing, names, fights, alienation. I felt then like I was walking around with a label on my forehead.

He kept sending friend requests. Each time I rejected him with a click and felt a nasty glee exacting a righteous revenge.

"It never felt good. It didn't feel right and it's not who I was inside."
MATT GABRIEL

Finally he wrote: "Dear Sean: I keep asking for your friendship on Facebook and keeping getting denied — which is understandable. I am not looking for you to be able to forgive me for picking on you in public school a lot — but maybe just to give you some perspective. My mother was dying a terrible and painful death from cancer and I acted out quite a bit."

And then he apologized.

I wrote back. I apologized too. I thought I'd moved on, but I'd been carrying around resentment. I looked at my own behaviour back then. Most of us kids at the bottom of the social order weren't any kinder to each other than Matt and his cronies. Only thing was, Matt was man enough to reach out to people (not just me) to make amends.

Turns out the older kids that picked on us were getting beat up by even older kids.

"We were scared, but then we would go into school and do the same thing," he recalls.

Matt was physically bigger and began studying martial arts. Rather than be a victim he tried to intimidate others before they could go after him.

He realized in his 20s, while working as a bouncer, he didn't like where things were going. He'd just become a father and he didn't want to hurt people.

"I guess it was a process of maturing," he said. "Hurting people is wrong. And helping people is so easy. There's no negative emotions afterward."

He works in telecommunications now. He became a union shop steward, he says, because he wanted to help and he found he was good at it.

Did he know as a kid he was doing something wrong?

"I don't know that you have that well-developed a sense of right and wrong when you're young," he says.

It sounds like a cop out, but I know Matt is right. It was easy for me to see when I was being wronged, but when I got into fights I always felt I was right.

"There were mixed messages coming at us, even from our teachers and parents," Matt says.

I have to agree again. There were mixed messages: corporal punishment, religion, movies — all had a good guy fighting and punishing a bad guy.

Matt says he struggled with his mother's illness from kindergarten until Grade 8 when she died. He didn't get counselling and his father was often away working, trying to make ends meet.

"It's not an excuse, but it helps explain things," Matt says.

Matt and I continue to be friends on Facebook. And we may all get together (him and his brothers) for a beer now that my ears don't burn every time I think of him.

Tuesday in Metro: More on bullying

In the second instalment of our three-part series:

- **We investigate the differences between boys and girls when it comes to bullying tactics.**
- **And we take a look at what we can learn from those TV bullies we love to loathe.**

Do kids know why they are bullying?

ALY THOMSON IN HALIFAX

It's hard to admit that you are bullying someone. In fact, most children recognize their actions, but do not understand why they are doing it, said Dr. John LeBlanc, an associate professor of pediatrics at Dalhousie University in Halifax.

He said there are three components of bullying: An intent to harm, a power imbalance and repetition. So the person who is bullying is well aware of their actions, said LeBlanc.

"But they just don't know why."

He said it's hard "for someone who is bullying, for them to have the insight to say, 'Oh, I'm bullying. I better stop.'"

"Usually they are bullying because they want to bully. Children who bully do it for a reason. They're usually troubled children themselves," he said.

Consequently, it's rare for a child to stop the behaviour without some sort of intervention, he said.

"You can't expect the bully to stop it on their own, nor the victim. The victim is already in a weakened position," he said.

Expert advice

Dr. LeBlanc's strategies to prevent or stop bullying:

- Bullying amongst children should be dealt with in groups: Ask each child how they would feel if they were being bullied.
- In the "no blame approach," the adult asks the victim if the incident can be brought to a group that includes the child who is bullying. The group is then asked how they can help the child and sometimes, the child who is bullying will actually offer to help.

Should reformed bullies reach out to their victims or leave the past behind? Tweet us @metroottawa.

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Canada, we need to talk

Nearly one in five Canadians will experience a mental illness in their lifetime, Health Canada says Bell Canada's Let's Talk campaign is Feb. 8

JOE LOFARO
@METRONEWS.CA

An Ottawa woman who struggled with mental illness says talking about it makes it "less scary," and hopes that on Feb. 8, Bell Canada's Let's Talk campaign will get a conversation started.

Rachel Scott-Mignon said she suffered from symptoms of mental illness for most of her life, but didn't know exactly what was wrong with her. She was too afraid to talk about it and seek help.

At age 16, she reached out to her brother during a suicidal period.

"He told me it would ruin his whole existence if I were to take my own life," said Scott-Mignon, now 29. "His words were enough that day to keep me from killing myself."

Throughout her teens and early 20s, she struggled with depression and an eating disorder, and was diagnosed with bipolar disorder at 23.

Then she sought treatment from the Royal Ottawa Hospital (ROH), where she has been a patient for the past five years.

The Let's Talk campaign is a five-year, $50 million charitable campaign that supports mental health hospitals, such as the ROH.

Six-time Olympic medallist Clara Hughes, who battled with depression, will join other notable spokespeople to talk about mental illness for Let's Talk Day.

Scott-Mignon said no one talked about mental health when she was a kid so she felt afraid to reach out to others.

"I was really scared of the stigma that was attached so I was really afraid that people would make fun of me or reject me," she said. "That's why I think Bell's campaign is wonderful — it gets people talking and it encourages all Canadians to participate."

PHOTO BY NYREE COSTELLO

Rachel Scott-Mignon

Let's Talk Day

- On Feb. 8, Bell will donate five cents for every text message and long distance call made by its customers, and for every retweet of the Let's Talk Day message on Twitter @Bell_LetsTalk.
- More than 66 million text messages and long distance phone calls were sent last year for an additional $3.3 million (3,303,961.80, specifically) raised for mental health programs.
- Not-for-profit organizations and hospitals that work on improving access to mental health care can also apply for the 2012 Bell Let's Talk Community Fund. Applications are open through March 31 and recipients may receive a grant of $5,000 to $50,000.
- More information is available at bell.ca/letstalk.

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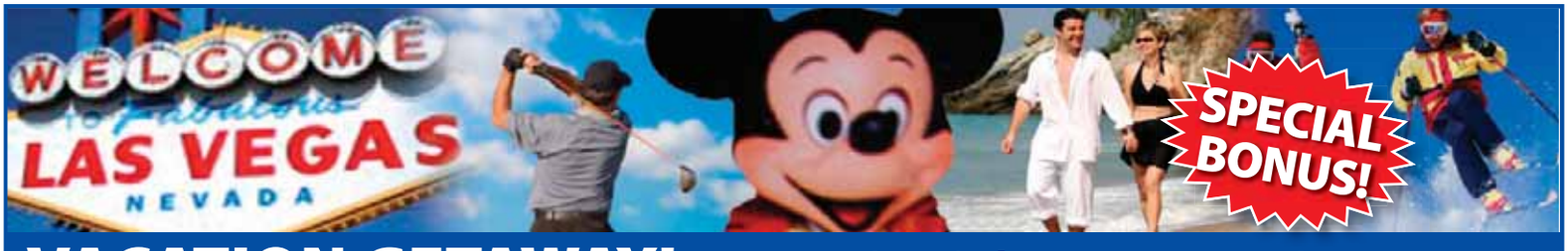

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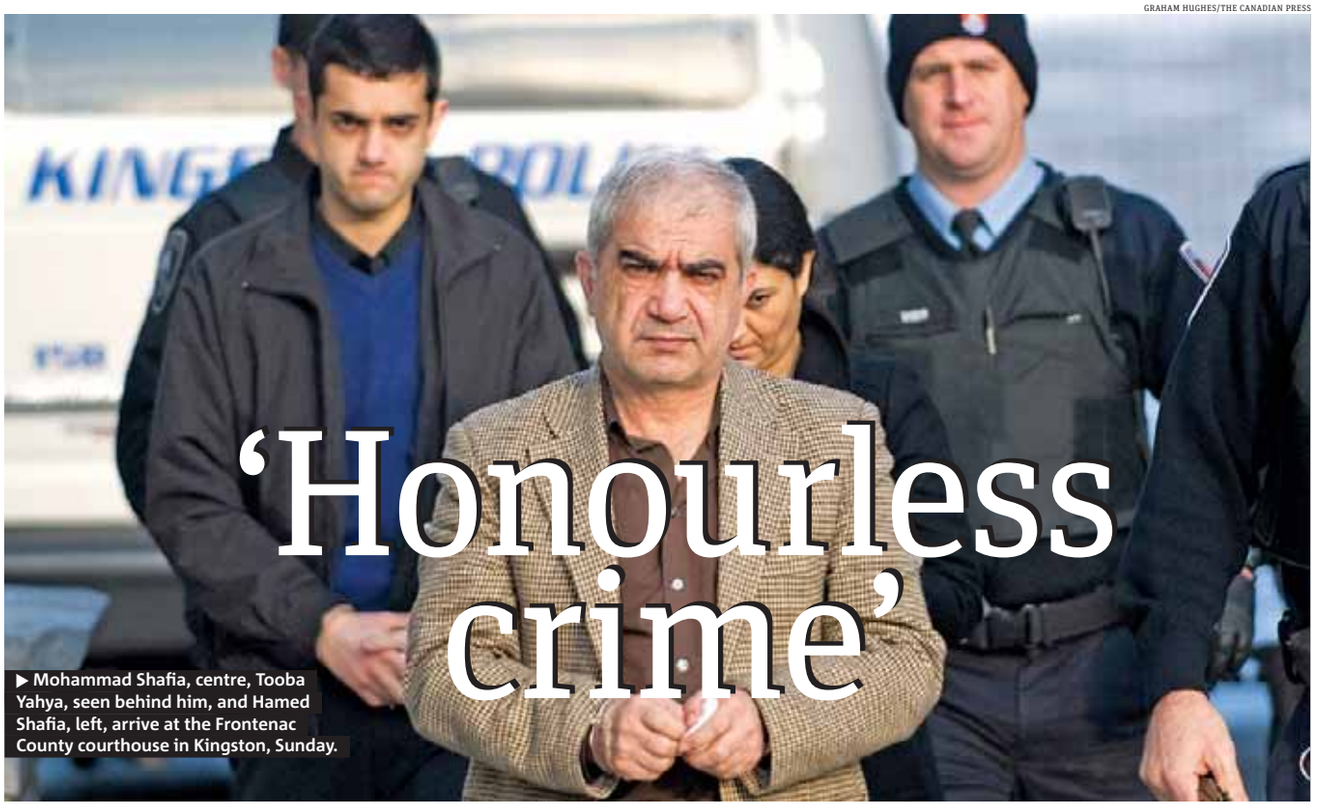

‘Honourless crime’

▶ Mohammad Shafia, centre, Tooba Yahya, seen behind him, and Hamed Shafia, left, arrive at the Frontenac County courthouse in Kingston, Sunday.

Crown attorney in Shafia trial says guilty verdicts are a reflection of Canadian values

Three members of an Afghanistan-born Montreal family were defiant Sunday in the face of life in prison and harsh condemnation for the murders of three daughters and a co-wife apparently motivated by what the judge called their “twisted concept of honour.”

A jury took 15 hours to find Mohammad Shafia, 58, his wife Tooba Yahya, 42, and their son Hamed, 21, each guilty of four counts of first-degree murder in a so-called mass honour killing that has captivated Canadians from coast to coast, and touched off post-911 criticism of Muslim culture.

“Sir, I did not drown my sisters anywhere.”
HAMED SHAFIA, 21

The three immediately pronounced the verdicts as unjust, but the judge was unmoved, cutting right to the core of the cultural cloud that hung over this case.

“It is difficult to conceive of a more heinous, more despicable, more honourless crime,” Ontario Superior Court Judge Robert Maranger said.

“We are not criminal, we are not murderers, we didn’t commit the murder and this is unjust.”
MOHAMMAD SHAFIA, 58

“The apparent reason behind these cold-blooded, shameful murders was that the four completely innocent victims offended your completely twisted concept of honour ... that has absolutely no place in any civilized society.”

The trial heard evidence over many weeks about the bizarre divide in the Shafia family, in which the patriarch struck fear in the hearts of some of his children, though often being away on business. Hamed acted as the surrogate disciplinarian.

“I am not a murderer, and I am a mother — a mother!”
TOOBA YAHYA, 42

The three murdered daughters thumbed their noses at the family rules. The children they did not kill were the ones ratting out their sisters to their parents for bad behaviour, court heard.

It was notions of honour, directly tied to women's sexuality and general control over their behaviour, that led the Shafias to kill, court heard, in an effort to cleanse them of the shame they perceived their daughters had brought upon them.

The idea that such thinking had not only been brewing in one of Canada's most cosmopolitan cities, but that this “honour” apparently superseded the value of life for the Shafias has shocked many.

THE CANADIAN PRESS

Chronology

Major events before the deaths:

- **1992:** The Kabul-born Shafia family leaves Afghanistan and lives in Pakistan, Dubai and Australia before moving to Montreal in 2007.
- **June 2007:** Shafia family moves to Canada, granted landed immigrant status.
- **November 2007:** First wife Rona Amir Mohammad arrives in Canada.
- **April 2008:** Rona starts a diary, writing that Shafia beat her and Yahya threatened to kick her out of the house, calling her a servant.
- **April 17, 2009:** Zainab, 19, the eldest Shafia daughter, runs away to a shelter. Other Shafia children call 911 saying they are fearful of their father’s reaction.
- **May 18, 2009:** Zainab marries her boyfriend but her family convinces her to annul it after a few hours.
- **June 20, 2009:** Someone uses the family computer to search “where to commit a murder.”
- **June 22, 2009:** Shafia buys a used Nissan, the one that would be found at the bottom of a canal days later.
- **June 23, 2009:** The Shafia family leaves on a trip to Niagara Falls. They leave Niagara on June 29.
- **June 30, 2009, about 2 a.m.:** Shafia and Hamed check into two rooms at the Kingston East motel, near Kingston Mills. Ten people were on the family vacation, but Shafia and Hamed take two rooms for a total of six people. The motel manager sees Shafia and Hamed then leave in an SUV. He does not see anyone return for as long as he is awake.
- **June 30, 2009, about 9 a.m.:** Worker finds a car in the locks at Kingston Mills.

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Chinese. New Year

▶ Interim Liberal Leader Bob Rae, right, hands out lucky red envelopes as he attends the Chinese New Year parade in Vancouver on Sunday.

DARRYL DYCK/THE CANADIAN PRESS

New Year celebrations take to the streets

The parade is one of the largest in North America, drawing 50,000 people to the streets of Chinatown.

Harper lets his Tory colours out

As House of Commons resumes, PM to eliminate wheat board monopoly, gun registry and political subsidies

Stephen Harper will let his Conservative colours burst for perhaps the first time since he came to power in 2006, letting off a few political fireworks by slashing government spending, tinkering with pensions, aggressively promoting Canada's resource sector and promoting a more classic division of powers with the provinces.

The House of Commons resumes Monday after a six-week hiatus.

The prime minister had been criticized by even some right-wing pundits in the past for not being conservative enough — he raised spending year after year and hesitated to make any long-term changes to government policy.

But with a number of old promises fulfilled or about to be, the majority Conservatives are finally free to think big and think blue.

During a speech to an economic forum in Switzerland last week, Harper signalled a number of "major transformations" he intends to introduce — including potential changes to Old Age Security (OAS) and altering how immigrants are selected.

The Tories haven't confirmed speculation they will raise the eligibility age for OAS to 67 from 65, but they are certainly dropping strong hints.

THE CANADIAN PRESS

Opposition

- NDP leadership candidates took direct shots at Harper during a debate Sunday — candidate Brian Topp called Harper a hypocrite for saying he supported families while "kicking them in the shins" with proposed OAS changes.
- Count on the NDP to focus on the OAS issue. Interim leader Nycole Turmel and finance critic Peter Julien will be meeting with the Canadian Association of Retired Persons on Monday.
- Interim Liberal Leader Bob Rae also attempted to set the stage for the opening of Parliament with a policy speech, telling a Vancouver audience Saturday that Harper was about to dump more costs on the provinces by potentially raising the OAS age.

Calgary ERs flooded with ecstasy patients

For each ecstasy overdose being brought to light publicly in Calgary, frontline doctors are treating dozens more with similar, near-fatal symptoms.

The discovery of another body in a northeast Calgary residence Sunday raised fears that the total number of deaths linked to a toxic compound known as PMMA could rise.

Police believe the compound is being used in place of standard MDMA in ecstasy tablets following a recent crackdown by RCMP.

Officials also said Friday a sixth individual's death last summer has been tied to PMMA.

With each reported death, emergency room physicians are also treating a wave of patients reacting negatively to the drug, explained Dr. Mark Yarema, medical director for the Poison and Drug Information Service and emergency room physician.

"What's been really striking is how hypothermic or elevated the body temperature is of these patients," he said. "They are also very rigid; we are seeing extensive muscular contraction."

JEREMY NOLAIS IN CALGARY

Recorded cases

- A true number of how many patients are being admitted with symptoms caused by the PMMA compound is unknown, but Alberta Health Services has recorded more than 100 severe cases, Dr. Mark Yarema said.

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Winter 2011/2012

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Future of Afghan army in doubt

European debt crisis, U.S. budget gridlock could take toll on western combat forces in Afghanistan

JOHN ALTHOUSE/THE ASSOCIATED PRESS

▶ Lt.-Gen. Peter Devlin

The commander of the Canadian army says he doubts the international community will have the cash or the political stomach after 2014 to sustain the sprawling Afghan security force being trained by NATO allies.

Lt.-Gen. Peter Devlin, the chief of land staff, recently returned from Kabul, where roughly 950 Canadians have settled in for a three-year stint under the newly established training mission.

Some questions on his mind during a round of meetings with NATO commanders involved whether the Afghan government will have the means of paying for an army and a police force that is expected to top out at 352,000 members. Devlin also wondered if the perceived threat from Taliban insurgents required building a force of that size.

Current estimates from the country's defence minister, Abdul Rahim Wardak, see the Afghans spending more than $6.2 billion a year to pay for and equip their forces. That's in a country where the budget of the entire federal treasury is $4 billion — much of that foreign aid.

Such a scenario might be uncomfortable, but Devlin said it could force the Karzai government to take more ownership of security forces. **THE CANADIAN PRESS**

Deadly. Crash

▶ Officials work at the scene of a multi-vehicle wreck on Interstate 75, south of Gainesville, Fla., on Sunday.

MATT STAMEY/THE ASSOCIATED PRESS/THE GAINESVILLE SUN

Pileup kills 9 on Florida highway

At least nine people died in a series of crashes apparently caused by heavy smoke and fog overnight on Interstate 75 in north Florida, authorities said Sunday. At least another 18 people hurt in the wreck were being treated in hospital.

Allegations halt RCMP training

The federal RCMP has suspended a program that sends Mounties to train in drug recognition with an Arizona-based police department after learning of allegations against the force including racism and abuse of authority.

An RCMP deputy commissioner halted the training with the Maricopa County Sheriff's Office after the B.C. Civil Liberties Association alerted him to a scathing report on the force by the U.S. Department of Justice.

The department stripped powers from the police force after an investigation found its officers allegedly engaged in racial profiling, retaliated against people who criticized its policies and disregarded basic legal obligations.

B.C.C.L.A. executive director David Eby says the training program involved having police officers test their skills on prisoners who had been stopped for allegedly driving while under the influence of drugs. **THE CANADIAN PRESS**

THE ASSOCIATED PRESS/APTN

▶ In this video image, a prisoner with his lips stitched shut looks up in a prison cell in a pre-trial detention centre in Bishkek, Kyrgyzstan.

Kyrgyz prisoners sew mouths shut

- Act is sign of protest against alleged mistreatment
- Authorities blame influence of organized crime

More than 1,000 prisoners in Kyrgyzstan have sewn their lips together, a grotesque act inmates describe as a protest of their dismal conditions, but which authorities blame on organized criminal gangs who resent attempts to break the power they wield in prisons.

Kyrgyzstan, a poor ex-Soviet nation of 5.3 million, holds around 7,600 inmates in its detention centres. The buildings are notoriously crowded and disease-ridden, and they have not escaped the reach of powerful criminal syndicates who also threaten the stability of the country.

1,200
Almost 400 prisoners bound their lips at Zhusupbekov's jail, and as many as 800 others are believed to have done the same in other jails.

Crime experts say prison gangs in former Soviet nations are typically part of a complex hierarchical fraternity.

Since Soviet times, underfunded police and corruption have enabled local mafia groups engaged in narcotics trafficking and other crimes to flourish and authorities say they extend deep into the nation's jails. **THE ASSOCIATED PRESS**

MORAL POLICING

Victory for Pakistani liberals

A private TV station decided to fire a popular morning show host after she sparked outrage by running around a public park trying to expose young, unmarried couples hanging out, a taboo in this conservative Muslim country.

Pakistani liberals derided host Maya Khan's behaviour on Twitter and Facebook, comparing it to the kind of moral policing practised by the Taliban, and started an online petition asking Samaa TV to end this "irresponsible programming" and apologize.

The company responded Saturday in a letter sent to reporters saying it had decided to fire Khan and her team and cancel her show because she refused to issue an unconditional apology for the Jan. 17 program. **THE ASSOCIATED PRESS**

Cancer found in mummy

A professor from American University in Cairo says discovery of prostate cancer in a 2,200-year-old mummy indicates the disease was caused by genetics, not environment.

AUC Prof. Salima Ikram said the mummy was of a man in his forties, and was the second-oldest known case of prostate cancer. **THE ASSOCIATED PRESS**

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More Canadians tapping into tablets: Report

Tablet ownership nearly tripled in Canada last year and will continue to surge in 2012, according to a report by the Media Technology Monitor.

Among anglophones, tablet ownership was at about 11 per cent last fall, up from four per cent in 2010, according to the report, based on surveys of 4,000 anglophones and 4,000 francophones.

Francophone tablet ownership was at six per cent last fall, compared to two per cent in 2010. The report suggests about 72 per cent of all tablets owned by anglophones last year were iPads, but doesn't break down the other 28 per cent.

Apple reported it sold 15.4-million iPads in the fourth quarter, which included the holiday shopping season.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 2.18 (12,466.50)	+ 0.1¢ (99.93¢ US)	- $0.14 US ($99.56 US)	$2.68 US (+ 7¢ US)	$1,732.20 US (+ $5.50 US)

Widening inequality gap left unanswered at WEF

As the World Economic Forum wraps up, impact of the eurozone crisis globally still feared ◐ IMF predicts global growth to be less than expected

Europe's crippling debt crisis dominated the world's foremost gathering of business and political leaders, but for the first time the growing inequality between the planet's haves and have-nots became an issue, thanks largely to the Arab Spring uprisings, the Occupy movement and other global protests.

The mood at the end of the five-day meeting in Davos, Switzerland, was sombre, and more than 2,500 VIPs headed home Sunday concerned about what lies ahead in 2012. Plenty of champagne flowed in this alpine ski resort — but the atmosphere was flat and the bubbling enthusiasm of some past World Economic Forums was noticeably absent.

Despite some guarded optimism about Europe's latest attempts to stem the eurozone crisis, fears remain that turmoil could return and spill over to the rest of the world. And there were no answers to the widening inequality gap, but a mounting realization that economic growth must include the poor, that job creation is critical, and that affordable food, housing, health care and education are needed in any solution.

The International Monetary Fund reduced its forecast for global growth in 2012 to 3.3 per cent from the four per cent pace it projected in September.

ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

▶ A topless Ukrainian protester is arrested at the World Economic in Davos, Switzerland, on Saturday.

Asia is expected to remain the engine for global growth though at a slower rate, with China leading the way at more than eight per cent, followed by India and Indonesia.

IMF managing director Christine Lagarde warned that the eurozone crisis is not the region's problem alone. The IMF is the world's traditional lender-of-last-resort and Lagarde is trying to increase its resources by $500 billion US if more lending is needed.

THE ASSOCIATED PRESS

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BRONSON WON'T BE WIDENED, BUT WILL IT BE IMPROVED?

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA

In March, we start ripping up Bronson Avenue to replace the old sewer and water mains underneath, but a battle rages on over just how we'll put it back together afterwards.

As it stands, the often-clogged four-lane artery doesn't work terribly well for drivers, let alone pedestrians or cyclists.

I made my last trip there on foot to cover a demonstration at Gladstone and Bronson. Cold weather had thinned the protesters to a handful, but there was still precious little real estate on the narrow sidewalk between them, me, and the side mirrors of passing traffic.

"Now that the plan to widen Bronson is dead, Darwin would like to see the city reconsider reducing the busy route from four lanes to three. So-called road diets have made traffic slower and safer in other places they've been tried, but city staff deemed it a bad fit for Bronson."

The city's plan was to widen the road to make room for even more motorized traffic (and wider sidewalk where feasible), over strenuous objections from local community groups.

The loss of remaining trees and already-tiny front yards in order to get more cars travelling even faster down Bronson was a pretty tough sell for many neighbourhood residents, some 30 per cent of whom don't even own cars.

It turns out now that relocating hydro infrastructure would cost too much, so the plan to widen Bronson is off. Opponents of the expansion, however, aren't quite breaking out the champagne.

"It's a small victory in the sense that we beat back the city's attempt to widen it," said Eric Darwin, president of the Dalhousie Community Association, "But we haven't made the road any better than it is today."

Now that the plan to widen Bronson is dead, Darwin would like to see the city reconsider reducing the busy route from four lanes to three. So-called road diets have made traffic slower and safer in other places they've been tried, but city staff deemed it a bad fit for Bronson.

Darwin is also keen to see what the city has planned for unsafe pedestrian crossings at Gladstone and Somerset, but has found staff less than forthcoming.

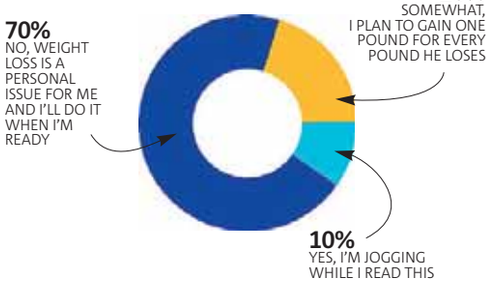
Chronic poor communication from city hall, Darwin said, has left some activists speculating about what really happened to the road-widening scheme. Was the hydro story just an excuse to back down without being seen as bending to community pressure?

"Or is it," asked Darwin, "that all our protests actually mean absolutely nothing and they don't give a damn about anything anybody says, but … they ran into this technical problem which is too expensive to overcome?

"We just have to watch these guys like a hawk. And we'll try our best."

Register at metropolitanpanel.ca and take the quick poll

Are you answering Toronto Mayor Rob Ford's weight-loss challenge?


70%
NO, WEIGHT LOSS IS A PERSONAL ISSUE FOR ME AND I'LL DO IT WHEN I'M READY
20%
SOMEWHAT, I PLAN TO GAIN ONE POUND FOR EVERY POUND HE LOSES
10%
YES, I'M JOGGING WHILE I READ THIS

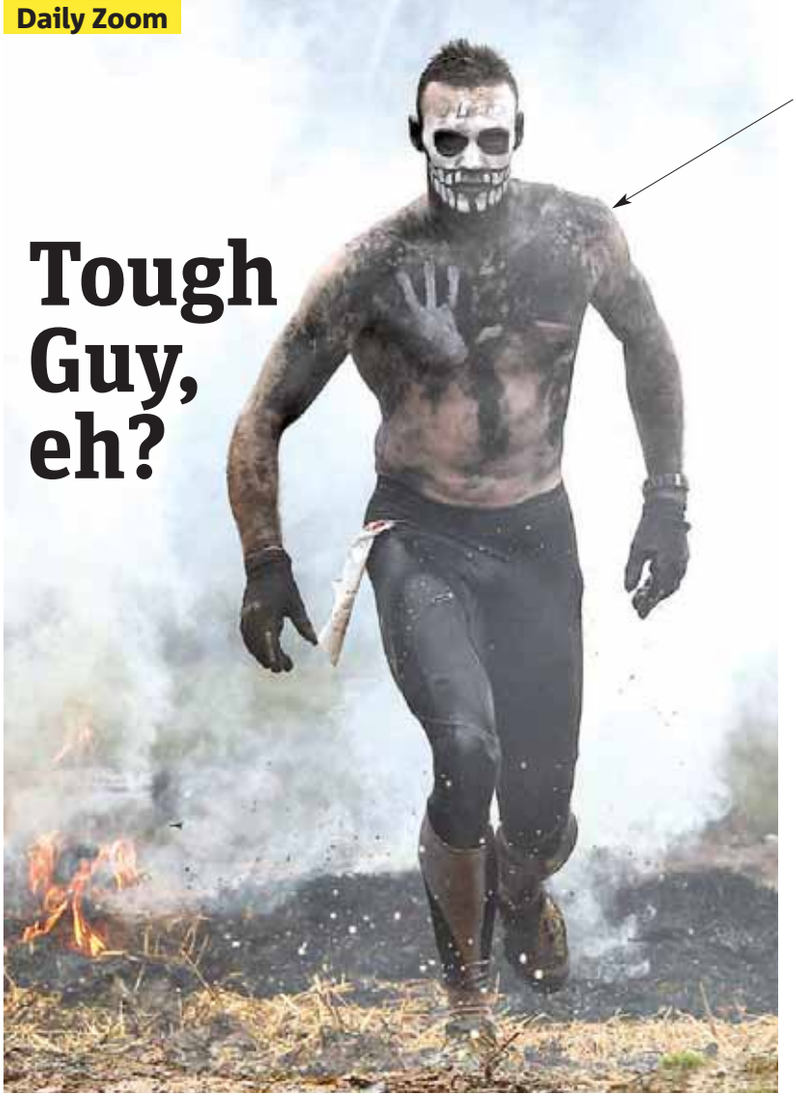
Local tweets

- **@Will_Posthumus:** Loving that no matter where you go in Ottawa this weekend, everyone is talking hockey. #NHLAllStar
- **@JimWatsonOttawa:** Just chatted with NHL's Gary Bettman and said it's time for Ottawa to get the outdoor classic! He said when you get a new stadium- its coming
- **@imnotwaitinng:** Only Ottawa would build a rink of dreams next to the world's longest skating rink. #wasteoftaxmoney
- **@kailey_19:** ottawa, I hope you're aware of how horribly obnoxious and childish you are #booingdoesntmakeourplayersworsethanyours
- **@BradRodo:** Sell out game at Scotiabank Place! Ottawa isn't used to this! Hopefully they stocked up on enough Light Beer! #ottawa #nhlallstargame #tsn
- **@remedyke:** Still no Bell Satellite TV. Ice/snow on the receiver. Need a ladder to get it off. Not helping my depression. #grrr #ottawa.
- **@ahyne:** Is "My Condo" the worst named bar in Ottawa? Probably

Daily Zoom

JON SUPER/THE ASSOCIATED PRESS PHOTOS

Tough Guy, eh?



Survival of the fittest

A competitor is seen after walking though fire at the annual Tough Guy event in Perton, England, on Sunday.

Tough Guy claims to be the world's most demanding one-day survival ordeal. First staged in 1986, it has been widely described as "the toughest race in the world," with up to one-third of the starters failing to finish in a typical year.

THE ASSOCIATED PRESS

Macho, macho man

- The annual event challenges thousands of international competitors in a cross-country run, which is followed by an obstacle course consisting of water, fire and tunnels.
- An unidentified competitor, pictured below, crawls under barbed wire.

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2 scene

Box office

The Grey topped the weekend box office with $20 million, continuing Liam Neeson's success as an action star. Also opening were Man on a Ledge and One for the Money with Katherine Heigl. One for the Money took home $11.8 million, while Man on a Ledge opened with $8.3 million. Underworld: Awakenings, came in second with $12.5 million.
THE ASSOCIATED PRESS

Scan this code or visit metronews.ca to find out what happened at Sunday's Screen Actors Guild Awards

Harry Potter grows up

With the beloved wizard franchise behind him, Daniel Radcliffe looks forward to growing as an actor He drops the wand and takes on the role of a lawyer in The Woman in Black

RICHARD CROUSE
SCENE@METRONEWS.CA

HANDOUT

Daniel Radcliffe stars in The Woman in Black, coming to theatres Friday.

"Normally," says Daniel Radcliffe, "I hate watching my movies and hate watching myself."

Why, then, did he sit through his new film, The Woman in Black, during its Canadian premier last week in Toronto?

"The last time I will watch it was last night," the former Harry Potter told me the next day.

"I've picked this apart enough now. I don't need to watch it any more.

"The line between self-critical and self-hating is blurred.

"Normally when I watch my stuff, I say, 'I don't like that but I don't know what to do about it,' but last night I was watching and thinking, 'Oh, this is how that could be improved.'"

Despite being one of the most beloved actors on the planet and the star of some of the highest grossing films of all time, Radcliffe isn't content to rest on his laurels.

"I know I have a long way to go as an actor," he says.

"I'm 22 and at the stage when most actors would be coming out of drama school but because I've got 10 years of experience on a film set I think people expect me to be more complete, perhaps, than I am.

"I think that there are some things I do really well and some things I see and go, 'OK, I know how to fix that now.'"

One thing he can't change is the way his fans respond to him.

"It's kind of part of my life," he says of the fandamonium that follows wherever he goes.

"The thing you have to remind yourself is that it is not about me.

"It's about the fact that I played this character, which became beloved and anyone who took on that character would be getting this reaction.

"The fact that I'm now getting it on my own away from the series is very gratifying, although it is still kind of residual from Potter, unless they are fans of that and of me.

"You just have to laugh at it and have a sense of humour about it.

"As I said to you, when I'm at home, smoking a cigarette and it's cold and I'm in my Canada Goose jacket eating half a pizza, those are the moments you have to take a picture of yourself and play it to yourself when you are on the red carpet and go, 'Yeah, yeah, yeah, you're not all that, really.'"

Daniel Radcliffe

- **Born:** July 23, 1989 in London, England
- **Early roles:** When he was just 10, he took the role of a young David Copperfield in the television series David Copperfield. He also starred in The Tailor of Panama in 2001.

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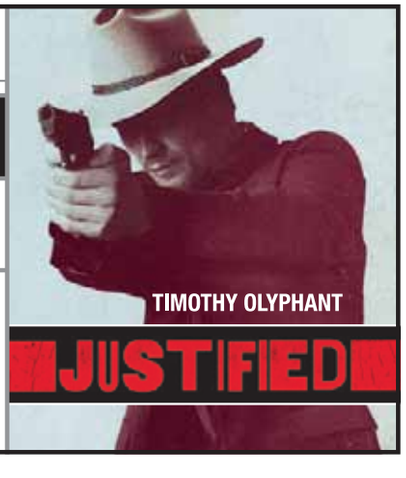


Forget the romance, just focus on the film

Bradley Cooper, Zoe Saldana celebrate the premiere of their Sundance-closing film, The Words

Bradley Cooper and Zoe Saldana came to the Sundance Film Festival to promote their closing-night film, The Words.

The two actors play a married couple in the movie, which follows an aspiring writer who gains fame when he finds an old manuscript and passes it off as his own.

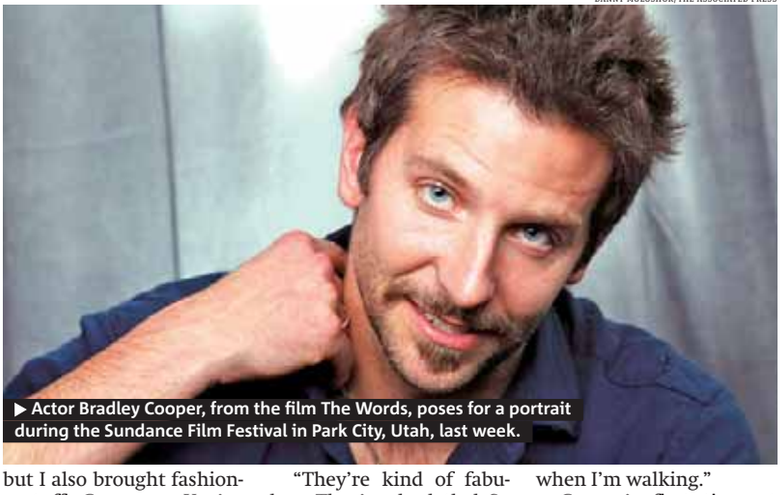
The pair avoided any appearance of their reported off-screen romance by staying apart from one another while posing for photos and giving interviews to support the film. Saldana did affectionately touch Cooper as they passed in a hallway, though.

Both had been to Sundance before, where snow fell throughout the festival and the weather dipped into the teens. Still, Saldana maintained her fashionista edge.

"I did bring warm stuff but I also brought fashiony stuff. Come on. You've got to pay the price, even if it's too cold," she said.

The 33-year-old actress wore green suede shoes with spiked stiletto heels despite the slushy conditions.

DANNY MOLOSHOK/THE ASSOCIATED PRESS



▶ Actor Bradley Cooper, from the film The Words, poses for a portrait during the Sundance Film Festival in Park City, Utah, last week.

"They're kind of fabulous. They're also lethal. So I have to be really careful, and somebody has to be careful not to piss me off," she said with a smile. "Yeah right. I'm just trying not to fall. It's like, 'Please don't fall. Please don't fall,' when I'm walking."

Cooper's first time at the festival was 12 years earlier with the eventual cult comedy hit Wet Hot American Summer.

"I wasn't even able to get into the screening," he recalled.

Word up

- The Words, which also stars Dennis Quaid, Jeremy Irons, Ben Barnes and Olivia Wilde, premiered Friday. It was acquired early in the festival by CBS Films, which plans to release it theatrically in the fall.

Saldana said playing Cooper's wife in The Words made her think about how she approaches relationships and the concept of unconditional love.

"Like how unconditional am I when I'm in love. Do you bypass certain things? Would I be able to be with a man — or with someone — that feels incomplete, doesn't matter what we do?" she said.

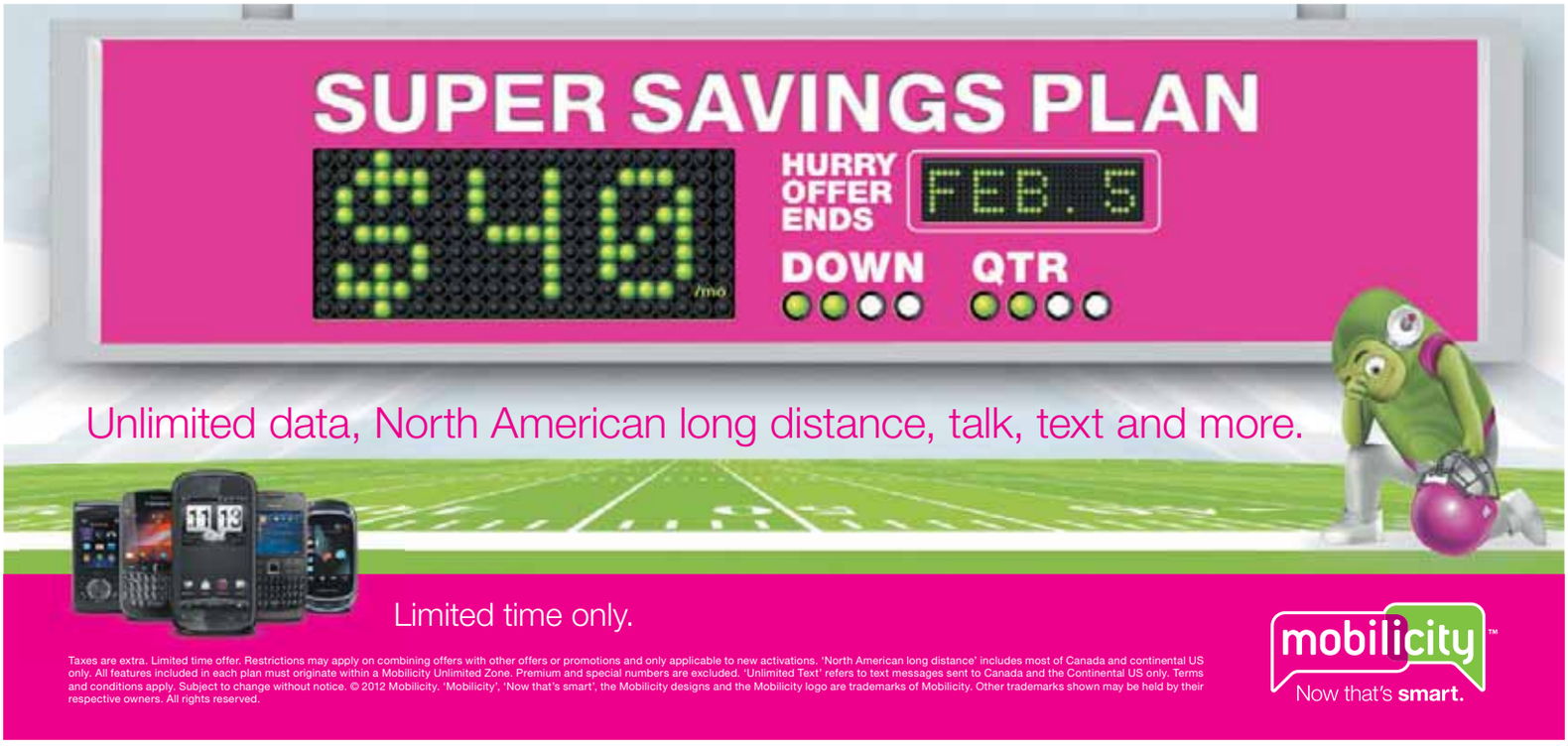
"If we change this, if we get married, if we have a baby — just someone that feels incomplete. Would I be able to deal with that for so many years and accept them as who they are and go, 'Come as you are. This is who I fell in love with and I don't want to change you?'

"I'm not like that, which is why I wanted to play her, because it was a challenge, you know. Look at me, I totally said I'm not unconditional at all. So awful."

Cooper's part as author-plagiarist Rory Jansen is his second writerly role after playing a novelist in last year's Limitless. But that's just coincidence, he said. Despite having a degree in English, the 37-year-old actor says he typically only writes in his "girlnal."

"Journal, sorry," he said. "That's a 'Wet Hot' reference. Paul Rudd says that."

THE ASSOCIATED PRESS



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Put a ring on it, Brad

Not only are the Jolie-Pitt kids incredibly cute, they're apparently pretty persuasive too Brad's kids pressuring him to seal the deal with Angelina

ALL PHOTOS GETTY IMAGES

Angelina Jolie and Brad Pitt

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

After almost seven years together, it looks like Brad Pitt and Angelina Jolie might make it official.

The royal couple is abandoning their original plan to wait until gay marriage is legal in exchange for some peace and quiet around the house.

"We're getting a lot of pressure from the kids," Pitt admits in an interview with CBS Sunday Morning that aired yesterday.

"It means something to them."

It seems their six-pack — count 'em: Maddox, Pax, Zahara, Shiloh, Knox and Vivienne — have been telling him to "get Mommy a ring" and he's promised, "OK, I will! I will!"

So, just to sum it up: When pressured by six young children to buy a diamond for a woman who has let him stick around since 2005 without one, Brad Pitt runs his strong, rugged hands through his shiny blonde hair and says, "Sure kids, why not."

Angelina, we don't know what you did to this man, but we're impressed.

MONICA WEYMOUTH WROTE MONDAY'S THE WORD. DOROTHY ROBINSON WILL BE BACK TUESDAY.

Celebrity tweets

@mindykaling

A League of Their Own is the best movie ever made.

@MCHammer

My Apologies to all my friends getting text from "that App" .. Took over my phone book and spammed the world !!!!

@JuddApatow

I gave my valet parking ticket to a man who was not the valet yesterday. It effected my sleep.

@Joan_Rivers

Demi Moore's health seems to be improving! An hour after being rushed to the hospital she was already cruising the pediatric ward for dates.

Russell isn't playing nice

Russell Brand hasn't been wasting any time.

Less than a month after filing for divorce from Katy Perry, Brand is reportedly already seeing multiple women — and badmouthing his soon-to-be ex-wife to them, according to Us Weekly.

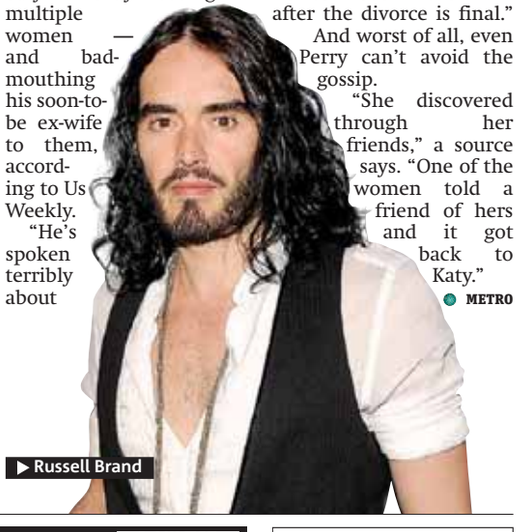
"He's spoken terribly about Katy to them," one source says, adding that Brand is particularly interested in one of the new women.

"He told her he wanted her to move in with him after the divorce is final."

And worst of all, even Perry can't avoid the gossip.

"She discovered through her friends," a source says. "One of the women told a friend of hers and it got back to Katy."

METRO



Russell Brand

Ashton 'deeply concerned'

Ashton Kutcher returned to Los Angeles this weekend after work engagements — including modelling for clothing brand Colcci — kept him in Brazil during estranged wife Demi Moore's drug-related hospitalization.

"Ashton is deeply concerned for Demi," a source says, according to Hollyscoop. "He still cares about her and wants the best for her. But their marriage is ending and they are both moving on with their lives." METRO

Whip-its redacted

References to whip-its will be redacted from Demi Moore's 911 tape, says TMZ. (A whip-it is a street name for a type of nitrous oxide inhalant, according to TMZ.) The L.A. city attorney recommended the move to protect her privacy if the tape is released to the public, although it has already been reported that paramedics were told that she inhaled nitrous oxide before falling unconscious.

We've got to wonder: Is this a policy for all drugs, or just the small handful that are more embarrassing than cough syrup? MONICA WEYMOUTH

Demi Moore

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Tattooed 10-year-old

In Georgia, a mother has been arrested for allowing her child to get a tattoo Before you judge, read the details recounted by one Mommyish blogger

When I first read that a mother in Acworth, Ga., allowed her 10-year-old son to get a tattoo, I thought, "A tattoo, people?! On a 10-year-old!"

Then I discovered that the tattoo is actually in memory of the boy's older brother, Malik, who was hit and killed by a teenage driver at age 12. The 10-year-old, Gaquan, was with his brother when he died.

That was a couple of years ago now, but he recently told his mom, Chuntera Napier, that he wanted to get a tattoo as a way of honouring Malik's memory. (Gaguan has several tattoos of her own in her late son's memory.)

"My son came to me and said, 'Mom, I want to get a tattoo with Malik on it, rest in peace.' What do I say to a child that wants to remember his brother?" Napier told the local TV station.

She claims she didn't know it was illegal for a 10-year-old to get a tattoo, and so she took her son to a tattoo artist, who gave the boy a tattoo featuring Malik's old jersey number. As Napier explained, "It made me feel good to know that he wanted his brother on him."

Gaquan then returned to school, where someone noticed his new ink and called authorities. Napier is now facing child cruelty charges because it's illegal for anyone under 18 to get a tattoo, even with their parent's consent.

"We hope that they can find something that can sustain them through that loss, but this is not the way. It is illegal and it's something that we were bound by the law to investigate and to prosecute," said Acworth police chief Mike Wilkie. (They're also investigating the tattoo artist.)

I don't think there's ever justification for permanently inking a child, though my heart just breaks for this family who suffered such a tragic loss. Napier is set to appear in court in March. **CONTRIBUTED BY SHAWNA COHEN OF MOMMYISH.COM.**

THINKSTOCK

▶ Would you let your child get a tattoo?

What do you think?

Is it OK for 10-year-olds to get tattoos? Twitter was buzzing with these tweets:

- **@lyjo67**
  [the reason] doesn't matter. tell him to go plant a tree or start a foundation or something more sensible than a tattoo
- **@dakneez**
  It is never, ever ok to allow a ten-year-old to get a tattoo.
- **@aysharempel**
  can you imagine what that tattoo is going to look like in 10 years #disaster
- **@337wallace**
  tattoos are an expression of self. Understand that it is permanent, and it doesn't matter how old you are :)

Double take

Pink and Green Ribbon campaign ties breast health to environment

After spotting the Pink Ribbon logo on packaging for chemical-laced household cleansers and candy with artificial colours, environmental consultant and biologist Julie Budgen decided to mix the cause with a more green approach.

With friends, she stitched up a twist to the popular movement and created the Pink and Green Ribbon campaign. The grassroots initiative bloomed, and its Canmore, Alta.-based founders put efforts into cancer prevention through education.

Their two-pronged approach involves maintaining healthy breasts while raising awareness about environmental factors potentially related to disease. Volunteer directors include a naturopath and a doula, and more advice comes from longtime naturopaths who specialize in breast health.

THE CANADIAN PRESS/ DARYL DYCK

▶ Ayisha Remtulla

Supporter Ayisha Remtulla believes women can proactively participate in their own health.

"Growing up, we learn simple things like how to take care of our teeth, what happens when you get your period," said Remtulla, an occupational therapist and campaign volunteer in Vancouver. "But we never learn how to take care of our breasts — that's the one thing nobody ever talks about."

The 29-year-old was close to three women who died from breast cancer. She knows another two who were treated and recovered.

Remtulla shaved her head last April to raise money for the campaign.

To keep the momentum rolling, the campaign has launched a competition asking women aged 17 to 30 to submit creative four-minute or shorter videos that highlight pink-and-green values.

Two scholarships of $1,000 each will be awarded for the best videos, and entries are encouraged from around the globe. Submissions will be posted on Twitter, Facebook and pinkandgreenribbon.com, the website that provides a library of resources illustrating strategies they believe any woman can use. **THE CANADIAN PRESS**

3 life

WHO Report

Advocates say Canadians and their governments must take action to tear down barriers that hurt people with disabilities.

The plea came Friday with the Toronto launch of a report by the World Health Organization (WHO) and World Bank.

The World Report on Disability suggests that more than one billion people in the world today experience disability and their barriers are many.

WHO's Tom Shakespeare, one of the report's authors, points out that in Canada — as in many high-income countries — disabled people are twice as likely to be unemployed and face many other barriers that leave them feeling excluded.

THE CANADIAN PRESS

After surviving cancer, 10-year-old cat gets new knee and chance at more pain-free life

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Go with chunky or go with smooth

With its hearty vegetables, both soups are delicious

THE CANADIAN PRESS H/O

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

If you don't have broccoli and cauliflower, simply use one or the other. You could also use chopped zucchini or assorted peppers. Frozen broccoli and cauliflower would also work in this recipe.

Preparation:

1. In a soup pot, heat oil over medium heat and cook onion, garlic, carrots, celery, thyme and curry powder 5 mins. or until veggies are softened. Stir in broccoli and cauliflower, tomatoes and potato. Add broth and bring to boil. Cover and simmer for about 20 minutes or until vegetables are tender.
2. Ladle into soup bowls or, alternatively, ladle into blender and puree in batches until smooth.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 tbsp (15 mL) virgin olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 cup (250 mL) chopped carrots
- 1/2 cup (125 mL) chopped celery
- 1 tbsp (15 mL) chopped fresh thyme
- 2 tsp (10 mL) curry powder
- 4 cups (1 L) chopped broccoli and cauliflower
- 1 cup (250 mL) grape tomatoes
- 1 potato, peeled and diced
- 4 cups (1 L) chicken or vegetable broth

Chunky or Creamy Veggie Soup

Whether chunky or creamy, this soup serves 4 to 6.

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RYAN HUGHES/METRO CANADA

▶ Environmentally-friendly bus shelters are providing alternatives for public transit.

Green tech in from the cold

Solar powered bus shelters showing the way forward for clean cities ◐ Puts energy back into the grid as well

BEN KNIGHT
LIFE@METRONEWS.CA

If you're reading this story, there's a good chance you're riding public transit. If you're not in a bus shelter this instant, you may have been just moments ago.

It's as simple as structure as you can imagine. Yet, even here, innovative greener ideas are being developed — and deployed.

The City of San Francisco is entering the third year of a five-year program to replace its 1,400 conventional shelters with modern, solar-powered alternatives.

"They're made entirely from sustainable materials," says Ryan Hughes, project manager for Lundberg Designs, creators of these new, sleek-looking shelters.

"The steel is recycled, and the solar power alleviates the cost of powering the shelter."

Solar generators in the shelters' roofs are actually connected directly to the city's power grid. They donate electricity to the city during the day, then draw back what they need to power LED lights, WIFI capability, and an electronic "next bus" sign that lets every commuter know exactly how long their wait is going to be.

The overall effect? A zero net-draw on the power system. Throw in the fact that the shelters are being built, run and paid for by an advertising agency, and these updated high-tech transit stops aren't costing the city a cent.

Increased comfort and convenience — virtually no ecological or financial downside.

The only thing missing — and this would be of particular interest to Canadian commuters — is heat.

"In terms of using the solar power, that would be challenging," Hughes explains. "Given the general size of bus shelters, the amount of available roof area is limited. In our case, it works to power the equipment we have, because we were very careful about selecting only components that don't draw very much power. I think heaters, just in general, require a lot of power to convert electricity into heat."

San Francisco is famously cold, wet and windy, by California standards. But a typical Canadian city faces winter conditions that are far more severe. These eye-catching shelters are still a tweak or two away from being ideal in real winter conditions.

But they also reveal how affordable innovation can be — and that even the most basic, stripped-down structure can be improved, re-imagined and greened.

Shelters

Bus shelter history

Buses The first recorded bus stop in history appeared in Bishops Stortford, England, in 1890. There is no evidence that it had a bus shelter.

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Find counsel on your campus

Struggling with studies? Seek out your school's learning centre

ISTOCK

It helps to talk through the tough times of your academic life.

JUDY WEIGHTMAN
LIFE@METRONEWS.CA
MWN IN PHILADELPHIA

There are two areas where students can need help with their schoolwork: help with specific subjects and help with study skills.

The learning centre at your school likely has resources for both.

Community College of Philadelphia, for instance, has tutoring available on all its campuses. Dr. Megan Fuller, an assistant professor in the Learning Labs explains, "We have full-time faculty, non-student tutors who have either associate's or bachelor's degrees and peer tutors who have successfully taken the class they're tutoring."

These staffers provide both one-on-one tutoring and group sessions that meet once a week or more. Students are welcome to check out both to see what works from them.

"If you aren't getting what you need from a tutor, don't just give up, ask to see someone else," Fuller says.

"Contact your school to see what services and resources are available," says Nancy Mott, director of learning support services at Villanova University.

"Don't wait until the last minute," Fuller agrees. "If you're having problems, come in and let us help you find the solution that works for you."

Expert advice

Nancy Mott, director of learning support services at Villanova University, says:

- "Don't be afraid to ask for help. It isn't a sign of weakness — it's a sign of intelligence and strength. Find out early what's available, and get to know your professors, as well."
- Visit your school's website to find out what services your school has to offer.

'You can have it all'

Mary Morassutti did a career 180 at age 35 and hasn't looked back since

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Mary Morassutti was 35 years old and at the top of her profession, directing and shooting television shows all over the world. Married and expecting her first child, she reached a turning point and knew she'd have to leave her job because of the grueling travel schedule.

Mary Morassutti, CEO of mk strategic, executive managing director of eWomenNetwork and happy mother of two children.

"I knew I was going to reinvent myself and I didn't realize how much my identity was tied into my career. I felt I was floating in the abyss and couldn't find my feet."

Mary asked a female colleague who had also faced the same situation. She was blunt when she told her, "The best gift you can give a child is a happy mother".

"I knew I was going to reinvent myself and I didn't realize how much my identity was tied into my career." MARY MORASSUTTI

Today, Mary runs her own business development and marketing company called mk strategic and is an executive managing director of eWomenNetwork.

"Find out what makes you happy and how you can bring both worlds together. I've met some incredible women who are juggling everything and still doing great work. You can have it all."

Did she follow her colleague's advice?

"Yes," she says with a smile, "I'm a very happy mother."

Mary's tips

An entrepreneur's thoughts on business

- Focus on what you're doing and what you want to do.
- Compete with yourself not others. Then you'll be better.
- Think outside of the box. Find what makes you unique and different and why they would want to work with you.
- Practice your elevator speech. Be able to explain what you do in 30 seconds. If you confuse the person you're pitching to then you've lost them.
- There's no fast fix. Take time to figure out what you want. Once I realized what I wanted to do the "how" came to me because I put myself in the right direction.

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Signs it's time to call it quits

No one wants to be labelled a giver-upper But sometimes cleaning out your desk might just be for the best

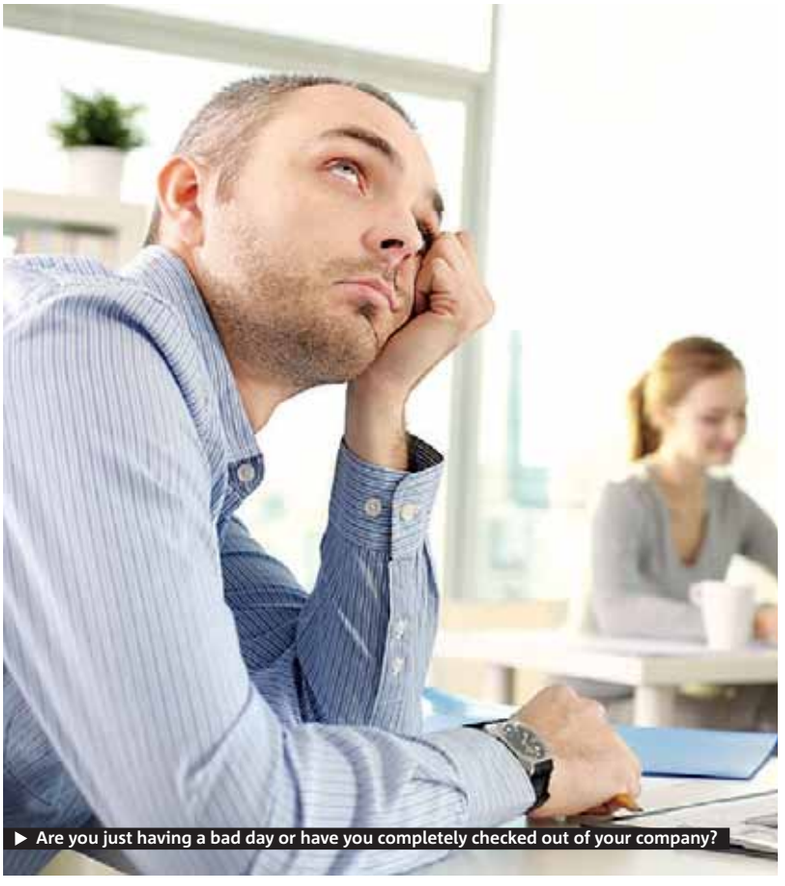
JULIA WEST
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The bills are getting paid but you're not exactly thrilled with your current position. Friends are advising you to stick it out a little longer but you just can't seem to get through a day without thinking about throwing in the towel.

We've all had one or two ho-hum jobs, but when is it time to sincerely contemplate whether giving your notice may be in your best interest?

Here are a few examples of scenarios wherein quitting your current job may be the best course of action.

ISTOCK



▶ Are you just having a bad day or have you completely checked out of your company?

Your company is failing

Be attune to your company's success — or lack thereof.

"Staying on a sinking ship can damage your long-term prospects," says Laurence Shatkin, a senior product developer at career publishing firm JIST.

Those in sales or finance should have an accurate understanding of the company's gains.

"If the company is public, declining stock price is a signal that everybody can see," he adds.

You've been passed over for promotions

We all get overlooked from time to time; but if this is an ongoing thing, consider other options.

Terri Deems, career consultant and author of Make Job Loss Work for You, suggests first speaking with a "straight-talking mentor" before making any moves.

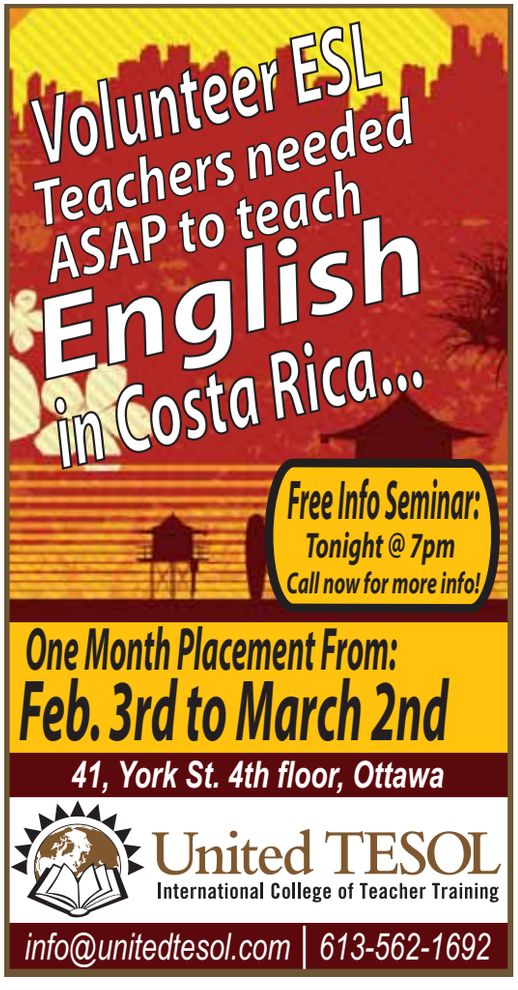
"If all feedback says you're the right person for these promotions, and they're still not happening, chances are you've gone as far as you can in this organization," she says.

You're being given less work

This is not a good sign — most likely you or your company are in trouble.

Adrian Miller, author of The Blatant Truth: 50 Ways to Sales Success, sees this as a moment to act.

"At this point, you can't lose anything by being direct and calling out your supervisor on the fact that you aren't given the same amount of work and asking how the situation can be corrected," says Miller. "This might prompt being let go, but isn't it better than just waiting for the axe to fall?



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WHAT CONSTITUTES A CONTRACTOR?

It may appear that you work independently of a company But are you actually its employee?

ISTOCK

Signing on the dotted line of a contractor agreement will not stand in court unless those involved have actually followed what the contract stipulates.

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

It's workplace law's newest phenomenon: employers, happy to unburden themselves from the various costs and liabilities associated with their employees, increasingly hire "contractors" to perform the same services their employees did before.

However, this arrangement is often in dispute. Government agencies and courts are apt to find that many contractors are truly employees. No surprise there as the word "contractor" seldom represents more than a label. What really matters is how the parties behave.

So when is a contractor actually an employee?

Despite signing an independent contractor agreement and incorporating his own company, Gordon Braiden was not self-employed.

Braiden, a sales agent, worked full-time and exclusively for La-Z-Boy, who controlled which products he sold, how he sold them, where his sales territory was and what promotional methods to use.

It did not matter that Braiden had incorporated his own company, according to an Ontario court, because ultimately he was part of La-Z-Boy's business, not his own.

Similarly, real estate agent Elizabeth McKee was an employee even though she had signed a contractor agreement, had her own incorporated business and invoiced her principal for commissions.

Following a fallout that cost her job, McKee sued arguing that she was an employee. The fact that she operated a business within her work for the company did not mean she was a contractor, nor did the fact that she hired and supervised her own staff. Since she worked for 18 consecutive years exclusively for her employer and had become an integral part of its business, the court declined to uphold the contract and characterized her as an employee. She was then awarded nearly half a million dollars in severance.

Labelling yourself as a contractor is not dispositive, even if your employer agrees. Courts and tribunals will always consider the true nature of the relationship to determine how the parties actually behaved.

If you want to be employed as a contractor, then do as follows:

Ensure that there is a clear separation between the employer's business and your own. Ensure you are permitted to perform services for others and to maintain genuine discretion over how and when you perform the job. Even an airtight independent contractor agreement will not be reliable unless the parties stick to what it says.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

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National Student Day of Action
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Ontario has the highest tuition fees in the country at an average of almost $7,000 per year. In October, Premier McGuinty promised to reduce tuition fees by 30%.

On February 1st, students are going to hold him to that promise.

Get involved through your local students' union's organizing meetings:
Carleton University, every Tuesday at 4:00pm in the Atrium.
University of Ottawa, every Thursday at 6:00pm at Cafe Alt.

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The DNA of success

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

Find Your Next By Andrea Kates, Mcgraw Hill, $30.00, 198 pages

Previous to the past decade, the way businesses got by was in setting targets to achieve incremental growth and plug along, generally with status quo, which at that time satisfied shareholders enough.

But in just a short 10 years, we have seen more disruptive forces that have turned that prehistoric business practice on its heels.

Take, for example, the time when Napster came along and changed the world overnight by "illustrating to record companies their vulnerability in the new age of online digital music distribution."

According to Andrea Kates, author of Find Your Next, this was a crossroads point in the music business.

"As a result of that revolutionary crisis, the term "Napster Moment" has been added to our business vocabularies" says Kates.

She points out the same is now taking place in the publishing industry.

In her book, Kates describes the concept of the Business Genome approach, which is essentially a view point that businesses are a combination of 'genes' and the arrangement of these genes are what make it successful…or not.

Kates' book delivers the insights needed to apply this approach to any business and explains the four steps needed to help businesses 'find their next' incarnation.

The steps include sorting the company's options, matching the company genome against other successful businesses and then hybridizing the company with those ideas.

Find Your Next is designed for business leaders who want to turn their hunches about what might be into what can be and what is… and probably best to do this before your company runs into a crossroads style Napster Moment.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND

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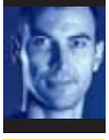
Blasts from the past

Pair of former Senators spark Team Chara to 12-9 all-star win over Team Alfredsson

12	9
	
TEAM CHARA	TEAM ALFREDSSON

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Marian Hossa of Team Chara scores a goal in the third period against Team Alfredsson's Brian Elliott.

The NHL all-star game was supposed to be all about Daniel Alfredsson and his Ottawa teammates, but it was ex-Senator Zdeno Chara who had the last laugh.

The Boston Bruins captain had the game-winner as he and another former Senator from Slovakia, Marian Hossa of the Chicago Blackhawks, scored 16 seconds apart in a six-goal third period to lead Team Chara to a 12-9 victory over Team Alfredsson 12-9 on Sunday.

"That was my first shot," said the six-foot-nine Chara, who went in alone to snap a shot past Brian Elliott, who was bombed for six goals on 19 third-period shots. "Early on, (the game) was really loose but as we were going to the end you could see that guys wanted to win.

"That's the way it goes some times at the all-star game."

Prime Minister Stephen Harper chatted in the stands with league commissioner Gary Bettman through much of a wide-open game. They saw Team Chara lose the lead four times only to pile up an insurmountable total in the third with goals from Phil Kessel, Jarome Iginla, Hossa, Chara, Corey Perry and the second of the game by Joffrey Lupul.

They didn't need the notable absentees, the injured Sidney Crosby and the holdout Alex Ovechkin, to score in bunches.

Marian Gaborik had a hat-trick, while Evgeni Malkin and Patrick Kane had the other goals for Team Chara.

Alfredsson scored twice, while Jason Spezza, Henrik Sedin, John Tavares, Jason Pominville, Milan Michalek, Claude Giroux and Daniel Sedin scored for Team Alfredsson

The Scotiabank Place crowd of 20,510 was chanting "Alfie" as the Senators captain scored twice late in the second period to tie the game 6-6, but despite pushing hard and getting a handful of chances, he could not complete the hat-trick against Boston goalie Tim Thomas.

"I didn't try at all to score in the third," Alfredsson said in mock denial.

Alfredsson admitted he was moved by an outpouring of support and accolades from fans and other players over the four-day all-star break in what has become his home city.

"It's been surreal, almost like walking on Cloud 9," he said.

"It's not an accomplishment this week, but more a celebration of what I've done before.

"I'm really thankful for that. It's been almost overwhelming, to be honest."

Even Chara, who played seven seasons in Ottawa, was pulling for Alfredsson in the third.

"Alfie's such a classy guy," he said.

THE CANADIAN PRESS

Djokovic wins epic battle in final

RICK RYCROFT/THE ASSOCIATED PRESS

▶ Novak Djokovic celebrates after defeating Rafael Nadal.

Novak Djokovic wore down Rafael Nadal in the longest Grand Slam singles final in the history of professional tennis, winning 5-7, 6-4, 6-2, 6-7 (5), 7-5 after five hours 53 minutes to claim his third Australian Open title.

Djokovic sealed victory at 1:37 a.m. Monday local time and became the fifth man since the Open Era began in 1968 to win three straight Grand Slam finals.

The 24-year-old Djokovic tore off his shirt in celebration after one of the most dramatic finals in the history of the game. He went to his support camp and repeatedly thumped the side of the arena in front of them in delight and relief.

4:54

Length of the previous longest major singles final: Mats Wilander's win over Ivan Lendl at the U.S. Open in 1988.

Nadal leaned on the net, while Djokovic sat on his haunches before the trophy presentation. Eventually, a nearby official took pity and they were given chairs and a bottle of water each.

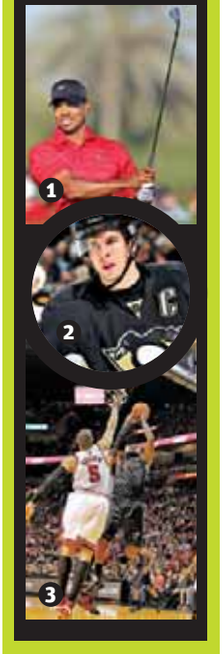
"We made history tonight and, unfortunately, there couldn't be two winners," Djokovic said.

Djokovic's win maintained his mastery of Nadal, who has lost seven straight finals against the Serb since March last year.

THE ASSOCIATED PRESS

4 sports

Sports in brief



1 Tiger Woods finished in a tie for third at the Abu Dhabi Golf Championship after starting the final round tied for the lead.

2 The Pittsburgh Penguins confirmed Saturday that Sidney Crosby was diagnosed with a neck injury.

3 LeBron James scored 35 points as the Miami Heat escaped with a 97-93 win Sunday over the Chicago Bulls.

THE ASSOCIATED PRESS

Former fan favourite Zdeno Chara brought his laser shot back to Ottawa But for sheer showmanship, nothing beat Chicago's Patrick Kane Team Alfredsson, led by Senators captain Daniel Alfredsson, topped Team Chara by a total score of 21-12 in five categories at the NHL skills competition

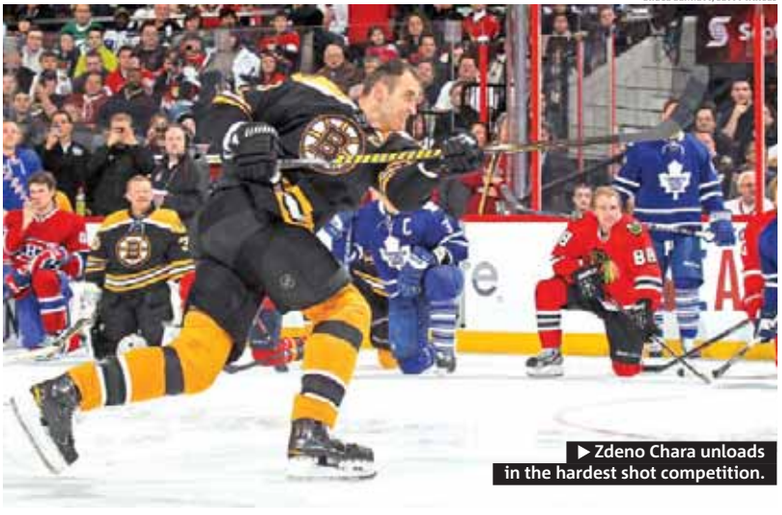
All-star skills provide the shine

Shooting stars

Chara fired a 108.8-miles-per-hour bullet to win the hardest shot competition, as Scotiabank Place fans cheered loudest for Ottawa Senators past and present at the Saturday night all-star skills competition.

- **Alfredsson and fellow Senator Jason Spezza** had shots that topped 100 mph to win matchups with Denis Wideman of Washington and the loudly-booed Dion Phaneuf of Toronto, respectively.
- **Chicago's Kane** stole the spotlight to win the breakaway challenge for Team Chara as he donned a red Superman cape and Clark Kent glasses.
- **Ottawa's Colin Greening** won the fastest skater competition.
- **Philadelphia's Matt Read** took the accuracy contest for Team Alfredsson, nailing four targets in 10.2 seconds.
- **Team Alfredsson** led by two points going into the final event, the shootout, where they dominated in goals, 10-3. **THE CANADIAN PRESS**

BRUCE BENNETT/GETTY IMAGES



▶ Zdeno Chara unloads in the hardest shot competition.

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Phil Kessel and his Leafs teammates faced boos all weekend.

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Patrick Kane pulls off a breakaway trick shot.

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Daniel Alfredsson scores on Tim Thomas in the elimination shootout.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Goaltenders Jimmy Howard, left, and Jonathan Quick race in the fastest skater competition.

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Irving powers Cavaliers past Celtics

MICHAEL DWYER/THE ASSOCIATED PRESS

▶ Boston's Paul Pierce, centre, drives between Cleveland's Omri Casspi, left, and Antawn Jamison on Sunday.

No. 1 overall pick proves clutch, seals victory in hostile Boston Garden

88	87
CAVALIERS	CELTICS

Kyrie Irving scored 23 points, sinking a layup with 2.6 seconds left as the Cleveland Cavaliers scored the last 12 points of the game to beat the Boston Celtics 88-87 on Sunday night.

Anderson Varejao scored 18 points and added nine rebounds for Cleveland, which had lost five of its last six games.

Ray Allen returned from an ankle injury to score 22 points. But he missed a jumper from the left corner when Boston still held a one-point lead on its second-to-last possession.

Paul Pierce scored 18 points with six rebounds for the Celtics, who had won four in a row.

Boston led 87-76 before Cleveland scored eight straight points to make it 87-84 with 98 seconds left. Pierce missed a finger role and Alonzo Gee, who was hacked trying to score on an offensive rebound, sank a pair of free throws to make it a one-point game.

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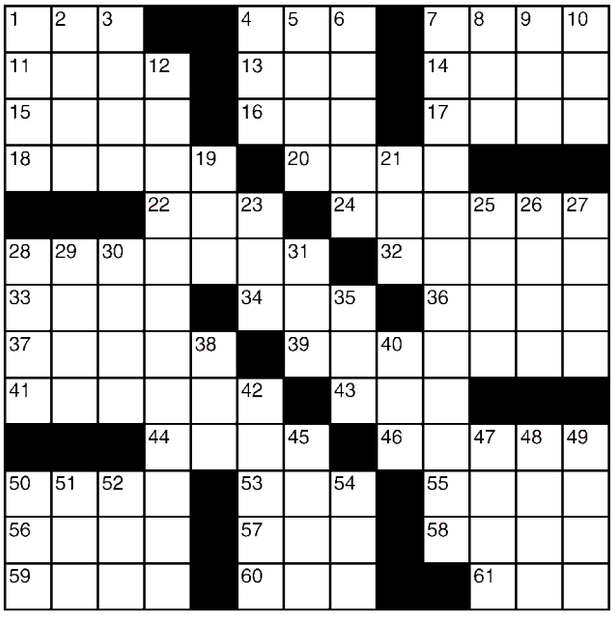
Crossword



Across

1 Demon
4 That woman
7 Banshee's cry
11 Bridle strap
13 Church seating
14 Without acting
15 Greek vowel
16 Exist
17 Apportion (out)
18 Honey bunch?
20 Highland hillside
22 Cage component
24 Machine-gun by plane
28 Wheedled
32 Olympics award
33 Acknowledge
34 Used a shovel
36 Supermarket stack
37 River embankment
39 Varied
41 California city
43 Hawaiian garland
44 Prisoner's room
46 Oust
50 Leaping insect
53 Slight touch
55 See 45-Down
56 Freeway access
57 — out a living
58 Reddish horse
59 Chills and fever
60 Butterfly catcher
61 "To be or — to be"

Down

1 Eye part
2 Cat's call
3 Pocket bread
4 Hot tub
5 KFC flavourer
6 Basin accessories
7 Football position
8 Commotion
9 Under the weather
10 Caustic solution
12 Cliffhanger, often
19 Wire measure
21 $ dispenser
23 Foundation
25 Hebrew month
26 Bleacherites
27 Otherwise
28 Young bovine
29 State with certainty
30 Jupiter's alias
31 Flop
35 Hodges of baseball lore
38 Away from WSW
40 Geese's formation
42 Bygone
45 With 55-Across, War of 1812 battle site
47 Press
48 "Arrivederci"
49 Bivouac shelter
50 Monk's title
51 Trail behind
52 Ostrich's cousin
54 Wager

▶ Friday's answer

B	A	C	O	N		A	B	A		I	L	L
A	L	O	H	A		R	O	T		M	A	O
M	I	M	I	C		C	O	M	M	A	N	D
		M	O	R	P	H	S		O	G	E	E
F	L	U		E	R	E		D	R	E	S	S
L	E	N	S		O	R	B	I	T			
Y	I	E	L	D	S		R	E	A	C	T	S
			A	R	E	N	A		L	O	O	P
M	A	D	L	Y		E	S	P		M	O	A
O	L	I	O		S	C	H	I	S	M		
C	O	M	M	E	N	T		C	H	O	S	E
H	U	E		T	I	A		A	U	D	E	N
A	D	S		A	P	R		S	T	E	E	D

Sudoku

			6	4				8
8		3		9		2		
					5			7
	5	1	7	6		8		
		8				9		
		7		3	9	5	2	
7			4					
		5		7		4		3
6				2	1			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

9	5	6	2	8	3	1	7	4
4	1	3	7	5	9	8	2	6
2	8	7	4	6	1	3	5	9
7	4	9	3	2	8	6	1	5
6	2	1	5	4	7	9	8	3
8	3	5	9	1	6	7	4	2
1	7	4	6	9	5	2	3	8
3	9	2	8	7	4	5	6	1
5	6	8	1	3	2	4	9	7

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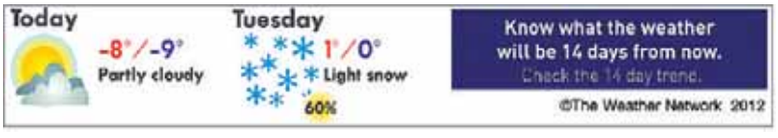
You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

yes, i love you! bye for now, thinking of you always....
DUHH

My passionate, far away prince charming, my sweet darling, I will try to take care of my challenging and boring life! My love, I wish I could be with u right now, every time I think of you, I feel butterflies inside... I just wanna send you a passionate kiss for now... love you forever ...
YOUR PASSIONATE, DRAGON PRINCESS

Gal, If i were your wife i would feed you be a chubby boy never leave me a second eating talking walking have fun all the time.
DUDE

dude, okay i have a confession,, i can cook,, just like to pretend so others cook for me,, yupp i play stupid,, its kinda fun,, but sometimes im really blonde,, no lie.
GAL



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Has someone taken advantage of you? Maybe, but more likely you are overreacting.

♉ Taurus April 21-May 21
This could be a hectic week and most likely you'll find yourself rushing all over the place without getting much done.

♊ Gemini May 22-June 21
There are many ways to impress people, but working yourself into the ground isn't one of them.

♋ Cancer June 22-July 22 Put yourself out there and let the world see what star quality looks like. You won't be short of interesting offers.

♌ Leo July 23-Aug.23
Try not to be too eager today.

♍ Virgo Aug. 24- Sept. 22
A loved one seems to be in an emotional mood at the moment. All you can do is be there for them when they need a shoulder to cry on.

♎ Libra Sept. 23-Oct. 23
You really don't have to explain your actions or your motives to anybody.

♏ Scorpio Oct. 24-Nov. 22
The more someone tries to tell you that something cannot be done the more determined you will be to prove them wrong.

♐ Sagittarius Nov. 23-Dec. 21 No matter how negative a picture certain people may be painting of your current situation, all you need to know is that they are wrong.

♑ Capricorn Dec. 22-Jan. 20
Anyone who expects you to stay in one place over the next few days is going to be disappointed.

♒ Aquarius Jan. 21-Feb. 18
In a matter of days you'll be back in the money.

♓ Pisces Feb. 19-March 20
It seems you are having to react to one crisis after another of late. Is there an end in sight? Yes, of course there is.

SALLY BROMPTON

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MARTIN MEISSNER/THE ASSOCIATED PRESS

PETER DEJONG/THE ASSOCIATED PRESS

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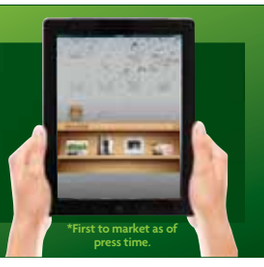
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